Curriculum Overview

Subject: PE

NCFE V.CERTS Level 1/2 Technical Award in Health and Fitness

Year Group	Term	Unit of Work	Assessment Content
11	1	**Content Area 2** - Preparing and planning for health and fitness **Theory** ● CA7: Understand how to apply health and fitness analysis and set goals **Practical** ● CA8: Structure of a health and fitness programme and how to prepare safely	**Tracking Point 1:** October 2026 Progress will be measured using a combination of teacher assessment (formative) and Public Exam results (summative).
	2, 3 & 4	**Content Area 2** - Preparing and planning for health and fitness **Internal Synoptic Project** ● Students will finish the Internal Assessment Synoptic project based on a brief released by NCFE ● They will work on a number of tasks, which will be marked against the following Assessment Objectives: ○ AO1: Recall knowledge and show understanding. ○ AO2: Apply knowledge and understanding. ○ AO3: Analyse and evaluate knowledge and understanding. ○ AO4: Demonstrate and apply relevant technical skills, techniques and processes. ○ AO5: Analyse and evaluate the demonstration of relevant technical skills, techniques and processes.	**Internal Synoptic Project Submission deadline:** **March 2027** Exact date TBC
	4 & 5	**Revision for External Assessment** **Content Area 1** - Introduction to body systems and principles of training in health and fitness. **Content Area 2** - Preparing and planning for health and fitness **External Assessment - Public Exam** ● The following areas will be covered in the exam ○ CA 1: Structure and function of body systems ○ CA 2: Effects of health and fitness activities on the body ○ CA 3: Health and fitness and the components of fitness ○ CA 4: Principles of training ○ CA 5: Testing and developing components of fitness ○ CA 6: Impact of lifestyle on health and fitness ○ CA 7: Applying health and fitness analysis and setting goals ○ CA 8: Structure of a health and fitness programme and how to prepare safely	**External Assessment Public Exam:** **June 2027** Exact date TBC

THE Eastbourne ACADEMY

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